

Spinach Salad with Apples and Eggs

Prep time: 45 minutes

Makes: 4 Servings

Enjoy a simply delicious spinach salad with hard-boiled eggs, apples, and dried figs.

Ingredients

- 4 large eggs
- 2 apples
- 8 cups fresh spinach
- 1 cup dried figs (about 16 figs or one 7-oz pkg)
- 1 cup whole-grain croutons
- 1/2 cup light honey mustard or poppy seed dressing

Directions

1. To hard boil-eggs:
 - Place eggs in saucepan large enough to hold them in a single layer.
 - Add cold water to cover eggs by 1 inch.
 - Heat over high heat just to boiling.
 - Remove from heat and cover.
 - Let eggs stand in hot water about 12 minutes.
 - Drain and fill pan with cold water; let sit 10-15 minutes.
 - Peel and slice. (If making ahead, refrigerate cooked unpeeled eggs.)
2. Prepare other ingredients while eggs are cooking and



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	360	
Total Fat	11 g	17%
Protein	9 g	
Carbohydrates	59 g	20%
Dietary Fiber	10 g	40%
Saturated Fat	2 g	10%
Sodium	560 mg	23%

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Fruits	1 1/4 cups
Vegetables	1 cup
Grains	1/2 ounce
Protein Foods	1 ounce

cooling.

3. Wash, slice, and core apples.

4. Cut apples and dried figs into bite-sized chunks.

5. Wash and drain spinach.

6. To plate, divide ingredients evenly among four plates, top spinach with apples, eggs, dried figs, and croutons.

Drizzle with dressing

Notes

Serving Suggestions: Serve with a glass of 100% grape juice and vanilla or lemon low-fat yogurt.